

The Simple Answer to Health

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The world cannot understand the things we understand because they have rejected the simplicity that is in Christ (**2 Corinthians 11:3**). Often the world prefers very complicated answers to very simple questions. If you don't believe me, just ask someone for a simple explanation to a question dealing with math, science, or medicine! They look for complex, confusing answers because they are too proud to humble themselves and ask the beasts of the field to teach them the principles of God (**Job 12:7**). So it's no surprise that they cannot understand the body and systems God designed, how to properly take care of themselves and be healthy. However, WE can understand if we "*apply our hearts to instruction and our ears to the words of knowledge*" (**Proverbs 23:12**).

God's answers are always simple (**Proverbs 8:1-11**). Therefore, we know that the answer must be affordable, it must work anywhere, it must work for everyone, and it must cure every disease. If you are a thief, a murderer, or an idolater, there is one answer for being righteous. So if you have cancer, headaches, or bad breath, there is one answer for being healthy. "But," you object, "one man's food is another man's poison. We all have different constitutions." And yes, the body was designed to function on a wide variety of diets, but are those diets the one God *intended* for you to eat? Are those diets able to restore you to perfect health?

Basics About The Body

We are "fearfully and wonderfully made" (**Psalms 139:14**). God put careful thought into the design of your body. You have several "systems" – respiratory, circulatory, skeletal, muscular, nervous, digestive, and others – which all perform specific functions yet which all work together on some level. For example, the circulatory system reaches into every cell of the body, for "the life is in the blood" (**Leviticus 17:11**). The blood carries oxygen and other nutrients to each cell and carries off the cells' waste products. The oxygen comes from the respiratory system, and the nutrients come from the digestive system. The blood carries waste products to the kidneys, bowels, lungs, and skin for removal from the body. The blood also contains important cells for immunity which it gets from the bones where they are produced. This is just a basic example, but you can easily see that every system must function properly, by itself and with the other systems, for the body to function properly (**Ephesians 4:16**).

The body has a lot of different kinds of cells, and each individual cell has a function, needs certain vitamins and minerals, and works properly when it has helpers to carry out its tasks. One class of helpers is called "enzymes". Enzymes increase the speed of chemical reactions in the body and help the body make chemical conversions. They also work to ferment wine, curdle cheese, and leaven bread. Many enzymes assist in the digestion of the food we eat, and we'll talk a little bit more about them later.

Scientists still haven't identified all the things components of the body do! God designed the body to function with a certain amount of each vitamin and mineral. But what happens if that mineral isn't available? Fortunately, God built some grace into your body, otherwise you would already be dead! He designed each mineral to have a certain shape and each receptor of those minerals to have a corresponding opposite shape, like a lock and a key. If the right key can't be found because that mineral isn't available in your diet, the body will accept a key that's "close enough". It's not a perfect fit, and it won't perform as well as the ideal material, but it'll do. That way, you won't die in the 24-hour day that you sin by not providing your body with that mineral. But when the body finds the right key later on, it will begin to replace the close enough keys with the correct ones. In this way, you can literally rebuild your body with the proper materials.

In fact, modern science has shown that on average, it takes about 4 months for red blood cells to be replaced; 3 months for bone cells; 2 months for genetic coding material (DNA); 6 weeks for liver cells; 1 month for skin cells; 3 weeks for lung-lining cells; and 5 days for all stomach-lining cells. That's right – the lining of your stomach is made of completely new cells every 5 days! Your skeleton rebuilds itself in about 10 years, and your stomach rebuilds itself in about 16 years.

If you replace these old cells with cells built with sugar, soda, and plastic, processed "fake" foods, what kind of body can you expect? Yet if you replace these old cells with cells built from healthier food choices (which we'll talk about in this book), what kind of body can you expect? One that's healthier, of course! And one that is closer to the health God intended you to have.

Genetics has some influence on your health, but it has been blamed far too much in the medical profession for illness. Sure, you inherited your parents' genes, but more importantly, you inherited your mom's cookbook. Most of what is blamed on genetics today is simply not a factor in genetics. Your body will build with whatever materials are available, and when better materials become available, your body replaces old, poor materials with the newer ones.

But this only happens if you constantly follow the law of health God gave – to supply to every cell exactly what it needs to properly carry out its functions. Researching each kind of cell and every little thing it needs would take several lifetimes to learn. Fortunately this is not necessary. We just need to understand how God intended for us to live. The closer we get to that answer, the closer we get to the answer of how to have perfect health.

Diseases – The Cause And Cure

One of the curses of breaking the laws of health is "the diseases of Egypt" (**Deuteronomy 28:60**). The diseases of Egypt have been shown from archaeology to be the exact same diseases we have today – structural abnormalities, rheumatism, congenital deformities, diseases of the teeth, jaw, and gums, pneumonia, tuberculosis, meningitis, leprosy, dysentery, cholera, gastro enteritis, typhoid fever, malaria, arteriosclerosis, obesity, varicose veins, infantile paralysis, angina pectoris, poliomyelitis, cancer, etc. (see McMichael). Just as ancient Israelites were afraid of these diseases, many today are afraid of them.

While there are many different kinds of disease, there is only one cause, and only one cure. The cause is toxicity caused by a failure to eliminate damaged cells and wastes. The cure is to remove all obstructions to elimination. If this is done, every illness can be cured – there are no incurable diseases.

God gave us a way of escape in all things (**1 Corinthians 10:13**), and if we obediently incline our ears to His instruction, we will find that it is life and “health to all our flesh” (**Proverbs 4:22**).

“Every so-called disease is a crisis of Toxemia; which means that toxin has accumulated in the blood above the toleration-point, and the crisis, the so-called disease – call it cold, “flu”, pneumonia, headache, or typhoid fever – is an elimination. Nature is endeavoring to rid the body of toxin. Any treatment that obstructs this effort at elimination baffles nature in her effort at self-curing.” (John Tilden, M.D.).

Dr. Tilden painstakingly tried to explain to people in his writings the true cause of disease. His ideas can be summed up by saying that the beginning of all disease is a stress of some kind. It can be caused by poor nutrition, an inherited weakness, etc. This means that the body has to respond by using inferior materials for some process to continue to function. This, in turn, causes a weakness in the body, which leads to inefficient elimination. If you are not eliminating toxins, it means that you are retaining them, producing a state of toxemia. If toxemia is not dealt with for some time, symptoms begin to appear – they can be seasonal colds, the “flu”, or chronic conditions, etc. Over time, these symptoms worsen and produce a more severe condition which usually requires medical treatment.

Sir William Arbuthnot Lane, M.D., British surgeon of the early 1900’s also taught that there is only one cause of disease, saying, “There is but one cause of disease, and that is poison. We may take in poison through the air, but we manufacture most of it within ourselves from the food we eat. In every case where I have had an opportunity of verifying it, I have found that the patient was suffering from chronic intestinal stasis [motionlessness] and that the infection by cancer was an indirect consequence of this condition.”

In other words, the poisons we make inside our bodies accumulate because there is no internal movement of the wastes out of the body. The plumbing has a blockage in the pipe, which results in the cells re-absorbing the wastes and becoming sick. If this continues long enough, cancer develops. Thus, going to the bathroom more often is a good thing! And if you get diarrhea while on new, healthy foods or while doing a cleansing program, *great!* It means you’re eliminating toxins, and it will result in better health!

Dr. Tilden says, “All diseases are the same fundamentally. Cancer is the culmination of years of abuse of nutrition, and years of Toxemia from faulty elimination.”

Did you get that? ALL diseases are basically the same, and ALL of them can be corrected and improved, even cured, if the CAUSE of the disease is dealt with! This gives us hope! We don’t have to suffer in the darkness of ignorance; we can restore ourselves to health! And the way to start is by improving elimination.

Fasting

How do we increase our elimination and get rid of toxemia? There are many things we can do, but there is one method that has a two-fold blessing. It not only improves your physical health, but it also improves your spiritual health, and that is fasting. (By “fasting”, here I mean taking only water, also called a “water fast”. We’ll get to other kinds of fasts a little later.)

Missing a meal, or several meals, will not kill you. You will be uncomfortable, though. But the more you fast, the easier it gets! Your body is likely overloaded with too much food to process; your organs are struggling to keep up with a never-ending stream of work. Yet, you sleep each day and rest on the Sabbath. Why won't you let your digestive organs have a rest?

Every night when you sleep, your body's organs do some house cleaning and repair. But not everything can be accomplished during this time. We live in a toxic world, and have accumulated more toxins than our bodies can deal with in a day. You clean your house at least once a week, but you also have to do deeper cleaning at least once a year to get rid of things you've accumulated that you no longer need. The same thing happens during a fast – it allows our organs to do this deeper cleaning.

“Fasting works by self-digestion. During a fast your body intuitively will decompose and burn only the substances and tissues that are damaged, diseased, or unneeded, such as abscesses, tumors, excess fat deposits, excess water, and congestive wastes.” (Paul Bragg)

“Fasting follows the law of “survival of the fittest” in that fasting eliminates the weak, damaged, and least vitalized cells of the body first.” (Bernarr MacFadden)

Even cancer can be cured by fasting! “The fact that a small tumorous growth of over twenty years’ standing was carried off and completely eliminated during the longest fast taken, caused the writer to believe that tumorous growths of all kinds, including cancer, might be merely the result of overeating, causing deposits of material about the system which the regular organs of elimination were unable to eliminate because of the amount of food eaten, and that a properly conducted fast would eliminate all tumorous growths if carried out to the point where the tongue cleared up, the excreta of the body lost its foul odor, and natural hunger occurred.” (Pearson)

When you are not used to fasting, it can produce uncomfortable effects. You may get a fever or a cold; headaches; body aches; be tired; feel weak; and so on. Your body has been storing away toxins because you haven't given it enough time to deal with them. Now that you're fasting, it has the time to deal with them. When that happens the toxin is taken out of the storage closet and put into the bloodstream on its way to be eliminated. While it's in the bloodstream, it can produce these ill effects because many toxins in the bloodstream make the blood thicker and harder to pump – thus, you might have a headache or feel tired. Or, there might be so many toxins released at that moment that you get a stuffy nose or a fever. Whatever the symptoms, drink more water and rejoice! You are removing the effects of your sins and remember, “*no chastening for the present seems joyous, but rather grievous*” (**Hebrews 12:11**). Each time you fast, you are creating a cleaner temple for God (**1 Corinthians 3:16-17**), and you will begin to feel some of the physical benefits of fasting:

- You will digest food better, and therefore need less.
- Your stomach will shrink, therefore making you feel full faster.
- You will have better elimination.
- Strange bumps or inflammation that showed up will disappear.
- Your skin will clear and shine.

- You will be able to think more clearly.
- You will not tire as easily.
- You will become the weight your body was meant to be.
- With thinner, cleaner blood, you will be able to withstand heat and cold better.
- You will have a better attitude/mood.

Basically, fasting cures everything. It's even a German proverb: "The illness that cannot be cured by fasting cannot be cured by anything else." Paracelsus, an ancient physician, proclaimed that "Fasting is the greatest remedy – the physician within." Fasting can take care of any ailment you have, if you let it.

The ancient Greek philosopher Epictetus (AD 55-135) was trying to make a different point, but this quote shows us that fasting when you don't feel good was the common treatment of the day, and that the people didn't think it was asking too much:

"...unless the physician can be thought to insult his patient, when he tells him: "Friend, do you suppose there is nothing wrong with you? why, you have a fever. Eat nothing to-day, and drink only water." Yet no one says, "What an insufferable insult!"'" (Golden Sayings, LXVII)

Animals automatically fast when they are not well. It is their instinct and the only method they have for overcoming any physical troubles. There is even a saying when it happens; that animal is "off his feed". He's not eating, and the owner can't figure out why, but the answer is simple – the animal doesn't feel well and is fasting to feel better. But man has been trained out of his instinct and forces food upon a body that does not want it. Why don't we humble ourselves and ask the beasts to teach us these things (**Job 12:7-9**)?

These list above has just *some* of the physical benefits of fasting. There are others, too, but I said there were also spiritual benefits. Your body is used to having food put into it at certain times of day, and it gets upset when food comes late. It may cause you to feel emotional or even throw a fit, to act "not yourself". This nature must be ruled and trained. Right now it motivates your actions, but you must rise above it and judge it – maybe this nature is right, but often it is wrong. The body is dumb; it does not reason. It is selfish and wants what it wants because it wants it! It does not really know what is best for it, so you must teach it.

In fact, the main reason people resist fasting and find it sooo hard is because they are literally killing their god by fasting! (**Philippians 3:19**). But if you fast, and fast regularly, your body will learn that it won't die if it misses a few meals; that it might actually like fasting because it feels better during and after fasts; that you are looking out for its good (**Proverbs 12:10**) and can be trusted.

But maybe you have a hard time making yourself do the things you know you should. Well, fasting is a sure way to get your body in submission! (**1 Corinthians 9:27**) After 24 hours without food, it will do whatever you want! And the more you fast, the more your body will get used to doing things *your way*. Jesus said His disciples would fast often when He wasn't with them (**Matthew 9:14-15**). While Jesus was with them, He was their leader (or ruler), but He knew that the disciples would need a way to rule themselves after He was gone.

Proverbs 16:32 ...he that ruleth his spirit [is better] than he that taketh a city.

“Who is strong? He that can conquer his bad habits.” Benjamin Franklin

Now a bit more on the specifics of fasting. I said that there are various fasts you can do. Here are some that we’ve used with great success (listed in order of hardest to easiest).

- Dry fasting is what we do on Atonement. No food, no water for 24 hours, from sunset to sunset. If you’re dry fasting and it isn’t Atonement, then it doesn’t necessarily have to be from sunset to sunset – any 24 hour period will do.
- Water fasting is a great way to cleanse. Because you’re not consuming anything, there is nothing at all to digest so your body can focus more on the cleaning. Water is a great solvent and helps to wash the cells and flush out toxins. When I water fast, I also usually take a little Vitamin C, about 4-6 grams per day. Vitamin C is a great antioxidant, meaning it grabs onto toxins and carries them out of the body with less ill effects.
- Lemonade fasting allows you to work a little more than a water fast does. Make some lemonade, as strongly flavored as you can drink. Sweeten a little (!) with maple syrup or other natural sugar. Add a pinch of hot pepper powder to each glass. Drink as much as you want. The acidity of the lemons (or limes) will help break up toxins, the sugar will help you maintain level blood sugar, and the pepper powder will help promote circulation to get the toxins escorted as quickly as possible. If you’ve never fasted before, a week on lemonade is a great way to start before attempting a water fast.
- Vegetable juice fasting uses a juicer to liquefy lots of vegetables. Juice any vegetables you have available; try to get the highest quality you can afford. Some combinations work better than others. You can contact us for ideas, or just experiment!

Animals are led by their thirst, and maybe one day our bodies can be led by their thirst, too. While fasting drink a minimum of 2 liters a day. Drinking 3-4 liters is better for flushing out the toxins.

If you’ve never fasted before, start with 7 days on the lemonade fast. If you feel great and want to do more, you can go longer! If you want to start with a water fast or a dry fast, start with one day. It will be difficult enough, trust me.

It seems like everybody has a different idea of how often you should fast, but we can turn to the Bible here. Jesus said His disciples would “fast often”. He didn’t say they would do 40 day fasts, or even 7 day fasts. He just said they would fast often. The self-righteous Pharisee said he fasted twice a week (**Luke 18:12**). Paul Bragg recommends fasting 1 day a week and then doing 7-10 days when the seasons change. My opinion is that 1 or 2 days a week and seasonal week-long fasts are a good way to go. If you are very overweight or have a more severe health problem, then a longer fast until true hunger returns will not hurt.

For the first day or two on a fast, you may be uncomfortable because your body is used to the habit of being fed at regular times. It will try to convince you that you are truly hungry and need to eat. Don’t believe it. Your body just likes to eat, and it is terrified of missing meals. After the third day or so, you

get used to not eating, and your hunger often disappears. Later in the fast, after 10 days or so, you'll start to feel bored because you miss the idea of eating.

So just continue drinking water until you have a sensation of hunger. When it comes, drink more water and see if it goes away. If it does, it wasn't true hunger. If you drink water, and it comes back, and you drink more water, and it comes back, and you do this a few times, then your body is telling you that it's done enough cleansing for now and is in need of some nourishment. But this will NOT happen in less than 4 days, and likely it will take more than a week. If your body tells you otherwise, it's lying.

I usually break my water fasts with a little orange juice. Anything light will work. Be careful not to overeat! And be careful of introducing fats too early. During a fast, your gallbladder shuts down, and it takes it longer to wake up than most other organs. If you eat too much fat before your gallbladder is ready, then the fat will not be digested, and you may have an upset stomach or even vomit.

When you fast, you are working to remove toxins from your body. As you do so, you will likely experience some unpleasant symptoms, like headaches, disturbed sleep, feeling cold, feeling tired, runny nose, mood swings, etc. Your body peels away toxins like layers of an onion, so toxins acquired earlier in life will take longer to get to. Paul Bragg had been on his own program for 5 years when he suddenly expelled a small cup of mercury, which was in all the medicines he took as a child. Thorough cleansing is possible, but you didn't accumulate these toxins in a day, so they won't be eliminated in a day either. Be patient, and continue to fast regularly.

Fasting is a great remedy, a very useful tool we can use to quickly correct sins against the laws of health. But that does not mean that you can eat whatever you want, as much as you want, or as often as you want in between fasts! We are looking for a life-changing solution to continually increase and maintain health.

Portion Control

Fast, and fast often, but when you eat, don't eat as much as you're used to. It takes a full 20 minutes for your stomach to signal your brain that you should stop eating. You'll keep eating as long as there's food in front of you, and you'll only stop after you feel uncomfortable, which is when you've eaten about twice what you should have. So start with using a smaller plate, and taking half the amount of food you ordinarily do. Then STOP for 20 minutes after you finish it, before you go back for seconds. Then ask yourself if you're still hungry – and if you are, have half of THAT plate and repeat. You'll find you eat far, far less.

“People are not nourished in proportion to the amount of food they eat, but in proportion to how much they digest and assimilate.” (Paul Bragg)

God intended for man to eat one omer of food per day. That's about the amount of food in a 1 kilogram loaf of bread. And that food is supposed to sustain you while you're out toiling in the sun in the field for a day. But today we digest our food poorly so the average person needs more food *at first*.

Proverbs 23:2 *And put a knife to thy throat, if thou be a man given to appetite.*

Regular fasting is a great way to improve your digestion. So is eating bone broth. So is eating cultured milk and fermented foods. But another way to improve digestion is to give your body just a little food

at a time. Most people's bodies are overloaded with too much food to process. It hasn't even finished the previous meal when it's time to eat again, whether they are truly hungry or not. A body that is always overworked simply cannot manage to rest, recover, and heal.

"Bodies not properly cleansed, the more you nourish the more you injure... When more food than is proper has been taken, it occasions disease". (Hippocrates, "Aphorisms" Sections 2.10, 17)

There have been many advocates of fasting and eating less in general over the centuries. I want to talk about just 3 of them. The first is Dr. Edward Hooker Dewey, an advocate of fasting and creator of "The No-Breakfast Plan". It had been known for centuries that morning is the best time for "brain work". That is, when you've slept well the night before, the mind is sharpest in the morning and can expend much energy on thinking and creative projects before food is taken. He himself adopted and later promoted a no-breakfast plan, not eating until early afternoon and again in the evening. He found that he felt better and was more efficient in his work. But it didn't just work for him; it worked for many, many people he saw in his practice. Here is just one example.

"Three farmers went into the field one hot morning to [cut and harvest] oats, the most trying of all work on the farm; two of them had their stomachs well filled with hearty foods. With profuse sweating and water by the quart because of the chemical heat arising from both digestion and decomposition, these toiled through the long hours with much weariness. The third man had all his strength for the swinging of the [sickle], the empty stomach not even calling for water; with the greatest ease he kept his laboring friends in close company and when the noon hour came he was not nearly so tired as they."

The second man is Horace Fletcher. He developed a method of improving digestion on less food. Digestion begins in the mouth, and the longer food can stay there and be broken down by the enzymes in the saliva, the easier the digestion that follows will be. A group of scientists at a university decided to conduct an experiment using Fletcher's method to see what the results would be. What did they find?

"The adoption of the habit of thorough insalivation of the food was found in a consensus of opinion to have an immediate and very striking effect upon appetite, making this more discriminating, and leading to the choice of a simple dietary and in particular reducing the craving for flesh food. The appetite, too, is beyond all question fully satisfied with a dietary considerably less in amount than with ordinary habits is demanded... In two individuals who pushed the method to its limits it was found that complete bodily efficiency was maintained for some weeks upon a dietary which had a total energy value of less than one-half of that usually taken, and comprised little more than one-third of the protein consumed by the average man... All subjects of the experiments who applied the principles intelligently agreed in finding a very marked reduction in their needs, and experienced an increase in their sense of well-being and an increase in their working powers. One fact fully confirmed by the Cambridge observations consists in the effect of the special habits described upon the waste products of the bowel. These are greatly reduced in amount, as might be expected; but they are also markedly changed in character, becoming odorless and inoffensive, and assuming a condition which suggests that the intestine is in a healthier and more aseptic condition than is the case under ordinary circumstances." (Note by Sir Michael Foster, K.C.B., M.P., F.R.S.)

Did you get all of that? It said that *thorough insalivation* makes your appetite more discriminating. Meaning that you'll come to desire only the tastiest food, you'll taste it better, and you'll want to keep it in your mouth for as long as possible before swallowing it. The beast's reaction when it tastes

something it likes is to get as much of it in its stomach as possible as quickly as possible, but shouldn't we train our beasts to *enjoy* that food more instead of craving more of it?

It also said that the appetite was decreased – that the people in the study were satisfied with less food than they had been accustomed to. With less food, you're saving more money and resources, and you're doing your body a favor by not overloading it with things it'll have to get rid of later. Fletcher said in another place, "Imposition upon the body of any excess of food or drink is one of the most dangerous and far-reaching of self-abuses; because whatever the body has no need of at the moment must be gotten rid of at the expense of much valuable energy taken away from brain-service."

This experiment's subjects felt better and had an increase in their working powers. If you do as they did, you'll also feel better mentally and emotionally because eating too much food burdens your brain and clouds your thinking.

So what exactly is Fletcher's method? Thoroughly chew your food, and when you feel the urge to swallow, push it forward in your mouth and continue chewing. Only swallow it after you have extracted all taste from it. If it still has taste and flavor in it, it should be in your mouth, not your stomach. Another important principle is to eat *only* what your appetite calls for; eat only what you truly crave. He explains,

"Study Normal Appetite and heed its invitation. It prescribes wisely. Its mark of distinction, to differentiate it from False Appetite, is "watering of the mouth" for *some particular thing*. False Appetite is an indefinite craving for *something*, anything! to smother disagreeable sensations and frequently is expressed by the symptom of "faintness" or "All-gone-ness".... If we swallow only the food which excited the appetite and is pleasing to the sense of taste, and swallow it only after the taste has been extracted from it, removing from the mouth the tasteless residue, complete and easy digestion will be assured and perfect health maintained.... I will not presume to say what and whom good Doctor Appetite, with the assistance of Doctor Taste, can cure. They have both cured and greatly relieved rheumatism, gout, eczema, obesity, under-weight, bleeding-piles, blotches and pimples, catarrh, "that tired feeling", muddy complexion, indigestion, and yellow-tongue, within four months. It has been revealed that attention to their invitation and warning cures unnatural craving and beautifully appeases appetite desires with one-third the usual food; and, at the same time, they teach an appreciation and enjoyment of food...."

Dr. Dewey knew about Fletcher's discoveries and recommended the method to his patients. Here is one story from his book about a patient who began to use Fletcher's techniques:

"A dyspeptic from Vermont came to me who for ten years had eaten three hearty meals daily, none of which had ever satisfied his hunger. He was in a very low mental state when he came, and feeble in body: for fully ten years both himself and physician had held the stomach accountable for all its complainings, and with no thought of avoidable cause.

I put him on one meal a day, as there was still some power of digestion, and with the following list for the daily bill of fare: baked potatoes well buttered, bread and butter, beans dressed with butter, fish or lamb chops, and rice or oatmeal only if strongly desired; all sugar foods debarred, and no drinks except water as thirst called for it between the meals. The constipated bowels were permitted their own times for action. The mouthfuls were small and far apart – like dashes

between words – not less than forty-five minutes were spent in masticating. Very soon there was a general rousement of new life in every way. His first surprise was in an unwonted sense of relish and a complete sating of hunger long before he had eaten the old-time amounts.

There was a fresh revelation to me in this, as I had not before been so impressed that by slow eating the hunger-spell is also dissipated in part by time, and hence there is much less danger of eating to excess. Hunger comes in part from habit, and it is appeased, with or without eating, with equal completeness. The hunger-habit can be trained to come at almost any fixed time.”

Who would have thought that healing and a renewed outlook on life could come from something as simple as chewing your food more thoroughly and eating less food? Apparently the Egyptians knew about it, for there was a saying inscribed on a pyramid, dated to 3800 BC, that said, “Humans live on one-quarter of what they eat; on the other three-quarters lives their doctor.”

Think about that. Because people can’t rule their beasts, those beasts overeat and develop bad habits that support disease and doctors. Not to mention the weakened, tired, and dull state you’d find yourself in from overloading your body with too much food. Following the ideas of Fletcher and Dewey and the others I’ve mentioned in this book will help to free you from the slavery to your unnatural cravings; release you from the constant attention to meals and the work associated with them; make you immune from disease; increase your capacity for mental work; increase your emotional well-being; and more!

That’s sounds great! But you might be wondering how you can actually do this. I’ve developed a simple plan for you based on my own experience in adopting these practices.

1. Eat mindfully, instead of mindlessly; that is, pay attention to the food as you eat it instead of thinking about other things. What is its texture? What flavors do you notice? How does this food make you feel?
2. Use a smaller plate and a smaller fork or spoon.
3. Put down your fork between bites. Often we eat too fast just because the fork never leaves our hand. Putting it down between bites will slow you down a little.
4. Take smaller bites. Even if you still can’t quite chew everything thoroughly, taking smaller bites will help to slow down the introduction of food to the stomach.
5. By now you should be getting to the point where you can make yourself slow down by doing the above things. At this point you should start to consciously push the food forward in your mouth for processing. Don’t swallow anything unless you’ve tasted all the flavor out of it!

If you can do this, you’ll notice after just a few days or a week that you don’t need as much food to feel satisfied. This will save you money and time in shopping, but you’ll also start to notice other things. You won’t feel as heavy or tired as you once did. You’ll be able to think more clearly and do more creative work. Over time, you’ll begin to notice other changes, such as improvements in medical conditions like those mentioned by Fletcher.

That’s 2 of the 3 men. The last, but by no means the least, is a man who lived from 1464 to 1566, during the Renaissance. His name was Luigi Cornaro. He wrote a few papers in his later life for young

people on his ways of living. At the time it was normal for people to die after 30 or 40 years of life. Yet at the time of his first paper Cornaro was about 80 years old, which was unusual for his day. The youth of his city begged him to write something for them to follow so that they could live to be old like he was. So Cornaro did, and his work is available online so you may read it for yourself if you are interested. I'll share just a few quotes from his discourse.

Like many other health pioneers, he was not in the best health and wanted to improve his situation. He discovered that his digestive disorders were improved by eating less food. But he also noticed other benefits: he was able to withstand heat and cold better than his peers; he was not subject to illness at the change of the seasons; and he was not mentally or emotionally disturbed even though he was often engaged in legal battles. Here is what he did:

“He who leads a sober and regular life, and commits no excess in his diet, can suffer but little from mental disorders or external accidents. On the contrary, I conclude, especially from the late trial I have had, that excesses in eating and drinking are often fatal. Four years ago, I consented to increase the quantity of my food by two ounces, my friends and relations having, for some time past, urged upon me the necessity of such increase... so that, whereas previous, what with bread, meat, the yolk of an egg, and soup, I ate as much as twelve ounces, neither more nor less, I now increased it to fourteen; and whereas before I drank but fourteen ounces of wine, I now increased it to sixteen. This increase, had, in eight days’ time, such an effect upon me, that, from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me. On the twelfth day, I was attacked with a violent pain in my side, which lasted twenty-two hours and was followed by a fever, which continued thirty-five days without any respite, insomuch that all looked upon me as a dead man; but, God be praised, I recovered, and I am positive that it was the great regularity I had observed for so many years, and that only, which rescued me from the jaws of death.”

It's important to notice, not just how little food he took, but the negative effect family members and friends can have even though they mean well. A few other brief quotes from him highlight some other important principles:

“Not being careful at one time, and self-indulgent at others, for by so doing, he would gain but little benefit; but taking care always to avoid excess, which any man can certainly do at all times, and under all circumstances, if he is determined. I say then, that he who thus lives cannot be sick, or but seldom, and for a short time, because, by regular living, he destroys every seed of sickness, and thus, by removing the cause, prevents the effect; so that he who pursues a regular and strictly moderate life, need not fear illness, for his blood having become pure, and free from all bad humors, it is not possible that he can fall sick.”

“Those with whom all kinds of food agree, may eat of such, only they are forbidden to eat a greater quantity, even of that which agrees with them best, than their stomachs can with ease digest.”

“There are others, who say that it is necessary that they should eat and drink freely to keep up their natural heat, which is constantly diminishing, as they advance in years; and that it is therefore their duty to eat heartily of such things as please their palate, and that strict moderation, in their case, would tend to shorten life. Now, this is the reason, or excuse, of thousands. But to all this, I answer, that all such are deceiving themselves, and I speak from

experience, as well as observation. The fact is, large quantities of food cannot be digested by old stomachs; as man gets weaker as he grows older, and the waste in his system is slower, the natural heat certainly is less. Nor will all the food in the world increase it, except to bring on fever and distressing disorders; therefore, let none be afraid of shortening their days by eating too little....whereas I used to eat twice a day, now that I am much older, it is better for me to eat four times, and still to lessen the quantity as the years increase.”

Eating “to keep up your strength” is a myth. Strength fades with overloaded bellies, as you’ve read about in the examples I’ve included.

“He should in all things be governed by reason. And this would teach men that gratifying the appetite and palate, is not, as many affirm, natural and right, but is the cause of disease and premature death. Were this pleasure of the palate lasting, it would be some excuse; but it is momentary, compared with the duration of the disease which its excess engenders.”

Cornaro recognized that the pleasure we have from eating is temporary, but the effect from eating can be long-lasting and unpleasant. Therefore he recommended always keeping these health laws, not allowing your beast to indulge one day and fast the next to make up for it. The goal is to be constant, consistent. To adopt a lifestyle that is always life-giving.

This might sound difficult, and the only difficulty you’ll face is the resistance from your beast. You can teach your beast that these principles are good for it. As your beast sees the fruit from them, it will start to believe in it and will come to respect you more. It won’t fight you as much. As your beast eats less food as a habit and fasts regularly, it will feel better and begin to love this way of living. You can teach yourself to like new foods, and you can train yourself to keep this simple yet healthy way of life.

Changing Your Thinking About Food

There are many things we have discovered that are great sources of nutrition and that most of our students would benefit from. But first you must repent. The Greek physician Hippocrates is believed to have said, “First do no harm”.

Understand that you may have to change your thinking about some things. For example, Jesus said that “salt is good” (**Mark 9:50, Luke 14:34**). Yet, many medical professionals and people in general believe that salt is bad for you. They say it leads to high blood pressure and other diseases. But if they started with the truth that salt is good, they would be forced to consider that it wasn’t salt that was causing these problems, but something else.

And when Jesus said salt is good, He didn’t mean the refined table salt (with or without added iodine) that we have in stores today. He meant salt taken from sea water, simply having the water evaporated off so that a very nutritious, mineral-rich salt is left. This sea salt is not just sodium and chloride and iodine, as table salt is, but it contains about 90 minerals, all of which your body needs in small amounts! THIS is the salt Jesus said was good.

So find some *unrefined* sea salt and put some in your mouth. Let it sit there and dissolve. Does it taste sweet? Then you have a salt deficiency, so try to consume it until it tastes salty, and not sweet. Some people advocate putting some salt in every glass of water you drink. I disagree with this because the body needs more than sodium chloride – there are other salts the body needs, including minerals like

potassium, calcium, and magnesium. Therefore I would encourage you to try to find electrolytes to take. They come normally in Powerade and Gatorade type drinks, but these are not the best choices because they contain added sugars and colors. Check your local pharmacy for an uncolored, unsweetened powder or a clear liquid concentrate to add to your water. Usually such concentrates include more potassium and magnesium rather than just sodium, which means they are providing you with some of the *other* salts your body needs.

Salt is just one example of something we need to change our thinking about when it comes to health. But there are many components to health – food, exercise, fasting, cleansing, herbs, etc. We must always ask ourselves what God intended for us, because much of what we've been taught goes contrary to how God designed our bodies to work.

Sugar

If you do nothing else, drastically reducing the amount of sugar you consume will improve your health. There are many statistics available about how sugar consumption has drastically increased over the past few centuries. I think that modern statistics do not take into account the fact that people are consuming sugar in various forms; there are *at least 50 different kinds of sugar*, including natural and manufactured sugars. Here are just over 30 of them: agave nectar, barley malt, beet sugar, brown sugar, cane sugar, caramel, carob syrup, confectioner's sugar, corn syrup, date sugar, dextrose, diastatic malt, ethyl maltol, fructose, fruit juice concentrate, galactose, glucose, granulated sugar, grape sugar, high fructose corn syrup, honey, lactose, malt sugar, maltodextrin, maltose, mannitol, maple syrup, molasses, muscovado, rice syrup, sorbitol, sorghum, sucrose. I haven't even scratched the surface of processed sugars hiding by other names in food.

There is not a place in the world where you can't get a Coca-Cola; even remote locations that require hours of travel over poor roads have Coke. Just one normal-sized can (12 fl ounces or 355 ml) of Coca-Cola gives you 38 grams (7 teaspoons) of sugar. Drinking just one can per day, and getting no other sugar from any other source, means that you would consume about 30 pounds or almost 14 kg of sugar per year. That doesn't sound like much, but we also get sugar from other sources, and for most of man's history, the average yearly consumption of sugar was far, far less. In 1700 the average American consumed only 4 pounds or 1.8 kg of sugar per year. So your soda is providing *almost 10 times* the amount of sugar consumed 300 years ago!

We all know that sugar contributes to weight gain and diseases like diabetes. We all know that sugar promotes tooth decay. Eating sugar not only causes problems on its own by being too quickly absorbed, raising insulin levels, and depleting nutrients, but it also makes you feel less hungry for nutritious food.

We like things that taste sweet, and God gave us this sense to help us discern which fruit was nutritious and which was not. When fruits ripen, they taste sweet; when they are not yet ripe, they taste bitter. Two identical fruits at the same degree of ripeness will have different sugar levels based on the amount of nutrients each has – the higher the minerals in the fruit, the sweeter it tastes!

The only sugar in the Bible besides fruits was honey. It also came with a built-in mechanism to prevent you from eating too much: if you ate too much you vomited.

Proverbs 25:16 *Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it.*

“One bottle of a well-known soft drink will give our pancreas [the organ that produces insulin] a worse jolt than drinking the same amount of honey” (Royal Lee, D.D.S.). You should vomit after drinking a soda, but you don’t. The sugars we have today have tricked the body – they don’t taste as sweet, so you eat more of them. They lack nutrients that natural sugars such as honey provide. They give the impression that what you are eating is healthy, but it is just an illusion because any nutritionally-deficient food can be made to “taste right” with added sugar!

Man’s tongue has sought out many sugars, for the sweet taste of sugar is more rewarding and addicting than the high of cocaine! In fact, the original Coca-Cola formula included cocaine because it was intended to replace the morphine to which the creator of the beverage had been addicted! Are **you** a slave to sugar?

2 Peter 2:19 ...*for of whom a man is overcome, of the same is he brought in bondage.*

If you are going to follow God’s way of life, you must give up all soft drinks. You should also not drink fruit drinks with added sugar. You should also begin to wean yourself off the sugar you get in other places. For instance, if you add sugar to coffee, tea, or other drinks, use half as much sugar as you normally do. When you get used to that, use half of that again. Overloading our tongue with sugar desensitizes it, but you should notice after reducing the sugar you eat that less sugar tastes sweeter to you than it did before.

We have observed some interesting points in relation to sugar during our travels around the world. The more sugar the people consume, the less healthy and the less happy they are. You would think that sugar would make you happy because it produces feel-good chemicals in the brain. Yet, somehow it leaves people feeling guilty over what they’ve just eaten or simply emotionally empty.

In the US, French pastries are considered to be the best in the world, and they are far less sweet than American pastries. But we have found that Italian and German pastries are less sweet still, and they actually allow you to taste something other than sugar in them: you can taste the butter, cream, fruit, etc. Our senses have awakened to new tastes because they aren’t processing just sugar, and this makes eating a more pleasurable experience. The food is more nourishing, and it improves our mood more than just eating sugar.

Reducing your sugar intake will help you in many ways. An extra step would be to choose raw, unprocessed sugars such as pure honey, pure sugar cane, pure molasses, pure maple syrup. Studies have shown that children eating raw sugar cane have outstanding, perfect teeth. The secret is that the raw form contains important vitamins that inhibit tooth decay by depriving the decay-causing bacteria of the sugar they need to survive. Refined sugars do not have protective vitamins and minerals, and directly feed the bacteria that cause dental decay.

Fats

Another thing that Western medicine has taught that you might need to change your thinking about is fat. Western medicine is just now beginning to realize what it knew 100 years ago – that saturated fat from animal sources is good for you. Fat comes in primarily two forms: saturated and unsaturated. You may also see monounsaturated (“mono” means “one”) or polyunsaturated (“poly” means “many”). These terms refer to the chemical structure of the fat. If a fat is saturated it means that each carbon atom is holding hands with two different hydrogen atoms; its hands are “saturated with hydrogen”,

meaning it can't hold hands with any more hydrogen because it already has as much as it can take. If a fat is unsaturated it means that some carbon atoms, instead of holding hands with two hydrogen atoms, are holding hands with other carbon atoms. That means they can't hold hands with any hydrogen atoms at that place, so the fat is unsaturated because, if those carbon atoms would stop holding hands with other carbon atoms, the molecule could take more hydrogen atoms.

These chemical differences can be seen in different physical properties of fats. Saturated fats are usually solid at room temperature, whereas unsaturated fats are usually liquid. Unless you are looking at a bottle of oil, you can't tell what kind of oil is in the food you eat. But here are some examples. You can find saturated fats in animal meats, some plant foods (such as palm kernel oil or coconut oil), and dairy products (butter, milk, cream, cheese). You can find unsaturated fats in nuts and seeds, avocados, olives, and some fish (salmon, tuna, anchovy). Your body needs both kinds of fats.

However, the food industry has been pushing unsaturated oils, such as soybean oil, canola oil, and margarine, for decades because they are easy to mass produce. But those oils go rancid during processing and are therefore poisons to the body before they even get to the store shelves! In fact, those "foods" which are being promoted as healthy are not anything close to real food anymore! For example, here is how margarine is made: Soy bean, corn, cotton, or canola seed oils are extracted by high temperature and pressure. The remaining fraction of oils are removed with solvents. The oils are now rancid, but they are steam cleaned to remove all the vitamins and antioxidants, while the pesticides and solvents remain. They are then mixed with a nickel catalyst and subjected to hydrogen gas in a high-temperature, high-pressure reactor. Soap-like thickeners are added, and the oils are again steam cleaned to remove their horrible odors, and their gray color is removed by bleaching. Then artificial flavors, synthetic vitamins, and natural colors are added. The mixture is packaged, advertised, and promoted as a healthy product. Is this really how food is to be made? What did God intend for you to eat – real butter, coconuts, and avocados or a concoction of spoiled and pesticide-laden chemicals?

There is a lot of nutrition in animal fat. There is also a lot of nutrition in the connective tissues around all the joints. Your body has to manufacture its own connective tissue and joint padding (cartilage) from the foods you eat. So if you eat the cartilage from chickens and cows, your body has all the necessary materials there, and it doesn't have to do much work to make it ready for your body to use.

On one trip abroad I was having some pain in some of my joints which I couldn't find much relief for. At that particular point in time, our food options were limited, so we relied on KFC for several meals, eating there some 4 times or so within a 10 day period. As the portions were small, I also ate the cartilage on the tips of the bones. It was a little tougher to chew and a bit different in texture, but I found it tasty. A couple weeks later I noticed that the pain I had before was nearly gone. That was when I realized that my body needed more cartilage and probably other materials for maintaining the joints. So I decided to incorporate more of these things into my diet by making and drinking bone broth.

Bone Broth And Organ Meats

The Western world eats primarily the muscle meat of the animal, and this is actually the least nutritious part. The bones, cartilage, and organ meats – brain, heart, liver, spleen, stomach/intestines, etc. – are far more nutritious. In primitive cultures, people placed "great emphasis upon the eating of the organs of the animals, including the wall of parts of the digestive tract. Much of the muscle meat of the animals was fed to the dogs." (Weston A. Price, D.D.S.)

For centuries the poor have been living on the organs of the animal because they couldn't afford to waste anything while the rich have suffered ill health from their nutrient-poor muscle meats. And in our modern world, we are too "*rich and increased with goods*" (**Revelation 3:17**) to use the organs. Thus our health suffers.

When a person made a sacrifice at the temple, the priests took most of the meat, organs, and bones to use for themselves. The skin and dung were burned outside the city, the blood was poured out at the altar, and the large lump of fat and kidneys were burned on the altar. The rest belonged to the priests. The Passover meal was roasted, and the sacrifices were all "burned upon the altar" (probably something like grilling), but did you notice that there were also pots of boiled meat (that is, broth)?

Leviticus 8:31 *And Moses said unto Aaron and to his sons, Boil the flesh at the door of the tabernacle of the congregation: and there eat it with the bread that is in the basket of consecrations, as I commanded, saying, Aaron and his sons shall eat it.*

What this tells us is that God intended for the priests to eat slow-cooked, fatty meat with the broth! There was broth in God's physical temple in the Old Testament, and if we are God's temple, there should be broth in our bodies as well! Gideon offered broth to an angel of the Lord, and it was accepted (**Judges 6:19-21**).

But the wicked either eat "*broth of abominable things*" (**Isaiah 65:3-4**) or want only the flesh meat, and shun the broth entirely.

1 Samuel 2:12-14 *Now the sons of Eli were sons of Belial; they knew not the LORD. And the priests' custom with the people was, that, when any man offered sacrifice, the priest's servant came, while the flesh was in seething, with a fleshhook of three teeth in his hand; And he struck it into the pan, or kettle, or caldron, or pot; all that the fleshhook brought up the priest took for himself. So they did in Shiloh unto all the Israelites that came thither.*

These wicked priests took only what a three-pronged hook brought up out of a pot of broth. They didn't want the nutritious broth that God said was theirs!

The world throws away the bones and organs while putting a high price on muscle meat. Yet this is the opposite of how most cultures used to eat, and God has specifically given us most of the animal to use, excepting the kidneys, large lump of fat, the breast, and the right shoulder. The skin and dung were burned outside the camp, leaving all the other organs, muscle meat, bones, and smaller fat reserves for the people to eat and use. The Western world throws away chicken feet and heads, but these parts are highly nutritious. Chicken heads and feet contain lots of protein, calcium, gelatin, and collagen, which are all important ingredients for having healthy joints and young-looking skin. These parts which the world rejects are the most nutritious, life-giving parts of the animal; so we have made them a cornerstone in our understanding of health.

We take this principle and apply it to other aspects of health and life. What does the world reject? What does it exalt? How does God feel about those things? What is rejected by the world has become the head of the corner (**Matthew 21:42**) and "*that which is highly esteemed among men is abomination in the sight of God*" (**Luke 16:15**). Those things that are highly esteemed among men are expensive and available only to a few people. But God turns things upside down. His way is easy and cheap, and

everyone can do it. The way to health is not expensive or difficult or far away. It is “*nigh thee... that you may do it*” (**Deuteronomy 30:14**).

In many places, you can buy some of the organs in the supermarket or a butcher shop. They are usually cheap because they are considered the waste, the leftovers because people don’t want them. You can also ask at the supermarket or butcher shop for bones. I’ve had many butchers just give them to me for free.

To make the broth, put the bones in a pot with a little salt (15-30 grams) and a splash of vinegar (to help extract nutrients from the bones) (15-30 mL). I also add an onion, a carrot or two, and a few ribs of celery. Fill the pot with water and let it cook on the stove for several hours (at least 5 hours). If you have access to a slow cooker, this is even better. The longer you can let it cook, the more nutritious it will be because the more time it will have to extract the nutrients from the bones. Normally I make my broth in a slow cooker and let it cook for 10 hours or more, though I have also let it cook for 24 hours on an electric stove.

If you can’t get fresh bones as often as you’d like, you can reuse the bones. You can reuse the bones a few times, but the most nutritious broth will be the first batch.

There are many ways to use broth. Of course, you can simply drink it! But you can also use it in place of water when making rice, couscous, or other grains like that. You can add it to soups and stews instead of water. Using broth this way makes everything taste richer!

Fish Broth

Meat and bone broths are great foods to include in your diet, but we have had some amazing results using fish broth. We are not big fans of fish, but we love drinking fish broth because it tastes great and has an inoffensive smell.

Nathaniel has had teeth problems throughout his life. His family raised him to eat healthy whole grains, but they weren’t properly prepared, so he has suffered from the effects of phytates removing valuable nutrients in his teeth (more about phytates later on). One day a few years ago we decided to get a Jamba Juice fruit smoothie as a treat. Before we even got home his teeth were hurting from the sugar in it. When we got home, I warmed some of our fish broth and served him a glass. Within 20 minutes the toothache was completely gone. Wanting to see if it was just a coincidence, he tried it again, and the same thing happened. Drank the smoothie, got a toothache; drank fish broth, toothache disappeared. Now we always drink some fish broth when we get the slightest twinge of a toothache. Since he’s been drinking it, he hasn’t developed any new cavities.

I myself have a good set of teeth, never having had any removed, including wisdom teeth. I was 12 years old the last time I was at a dentist’s office. Over the past several years I have noticed my wisdom teeth trying to grow. However, when I consistently drink our fish broth, the wisdom teeth recede back into the gums. When I’m not able to consistently drink it, the wisdom teeth begin to grow again. I have repeated this personal experiment several times over the years, and the tooth has varied from about two-thirds of the crown above the gum to merely a pencil-eraser size above the gum. The more I drink the fish broth, the less of the tooth I see above the gum’s surface; the less I drink it, the more of the tooth I see.

You can make fish broth out of the entire fish, the bones, or the heads. Where we are, the heads are typically just thrown away, so that's the part we use. Like with bones, many fish vendors will give you the heads if you ask for them. You can use any fish, but you may have to modify the recipe to make it taste good. I've mostly used salmon, but I've also made a good broth out of flounder. I've tried red snapper several times, but I haven't yet gotten the recipe to work right for it.

Bone broth is great for humans, and even plants benefit from a bone meal fertilizer, which is basically ground up bones added to the soil. So I thought, "Why not do the same with the bones of the fish head? That way, we are getting some bone meal as well."

To make this broth, put 1 average-sized head in a large pot with a couple handfuls of carrots and celery, and an onion. Add 1-2 tablespoons (15-30 mL) of apple cider vinegar to help extract the nutrients from the bones, and add 1-2 tablespoons (15-30 grams) sea salt. Fill the pot with water, leaving about 1 inch (2.5 cm) of space at the top. Bring to a boil and then reduce the heat to just a simmer, and cook for about 6 hours. If you don't like the smell of fish, I recommend you do this part outside. Let it cool, and then add some of the solids to your blender with enough of the broth for it to blend well. Strain through an ordinary strainer, saving the precious liquid part and discarding the leftover solids. Pour into quart jars, leaving space at the top for expansion, and freeze.

When ready to use, allow it to thaw several hours before you want to drink it. Warm it up to the desired temperature and add a little water to dilute to a more drinkable consistency.

Milk

When God said that the Promised Land was a "land flowing with milk and honey", what do you suppose He meant? What kind of milk did He have in mind – whole raw milk, pasteurized 2% milk, pasteurized skimmed milk, or "long life, shelf stable" milk? The Israelites did not have refrigerators, so they would have had to drink milk very fresh, or it would start to turn sour. One way to make milk keep longer is to boil it, which is a way of pasteurizing it. Pasteurization heats the milk so that all bacteria and enzymes are killed, and many nutrients are destroyed by high temperatures. It takes a living food and transforms it into a dead food, but one that will last longer on the shelf than fresh milk.

We have no reason to believe that the Israelites would have drunk pasteurized milk, but we do have reason to believe, based on the practices of the peoples living in the Middle East today, that they would have drunk soured milk. Many cultures around the world today have a soured or cultured milk drink – clabbered milk, butter milk, lassi, ayran, tan, kefir, leben, kumis, quark, amasi, and the list goes on.

The fermentation process begins with the bacteria and enzymes naturally present in the milk and bacteria and yeasts naturally present in the air. The bacteria in the milk, when exposed to air and the right conditions, will destroy any bad bacteria in the milk that would make the milk rot and be unusable. They multiply themselves and give the milk a pleasantly sour taste. They also make the milk last longer – no cultured milk product ever really "goes bad", but it might taste very strong due to the overwhelming number of bacteria in it.

These bacteria also assist your body throughout the digestive tract. They help in the breakdown of food by creating enzymes, they destroy bad bacteria and build components of the immune system, and they manufacture vitamins that the body needs. They support your life in many ways and so they are called

“probiotics”, meaning “pro life”. In fact, scientists say that there are more bacteria in your intestines than there are cells in your entire body!

But milk that has been pasteurized does not have these benefits. It has no active enzymes, no active bacteria, no usable vitamins. And in many people, it causes digestive issues because they don’t have the enzymes necessary to properly break down the milk (which come with the milk in its raw state). Pasteurized milk is frequently used for cooking and drinking, but it is not the healthiest kind of milk. The best kind of milk is the kind God intended – either fresh from the animal, or naturally soured.

So if at all possible, get raw milk. It’s not available everywhere, but you can connect with farmers in your area, and they can often help you. If you can’t find raw milk, then you can still make a probiotic milk drink using pasteurized milk and a starter culture. This may not make the milk as digestible as raw milk, but it’s better than drinking plain, pasteurized milk.

An easy-to-make cultured milk drink is kefir. It is made with bacteria colonies that look like the curds in cottage cheese. They are called “grains”. You can obtain them from others who make milk kefir as they multiply with frequent use. They can also be purchased online. All you do is add them to a jar of milk, close the lid, and let it sit on the counter for a day or so. If you tilt the jar and the milk seems like it has thickened, like yogurt in consistency, give it a taste. If you like it, strain out the grains and enjoy your kefir! You can also refrigerate it now. Toss the grains in another jar of milk and repeat.

You can add a little honey to sweeten it. Add fruit or other things to it. Make smoothies with it. When you don’t need to make kefir, just store the grains in a little bit of milk in the refrigerator until you’re ready to make more. You can even freeze them. They are very tough, and I have abused mine in many different ways but haven’t been able to kill them yet!

If you leave the kefir in the refrigerator for a long time, it will develop a more sour taste. It hasn’t gone bad (unless you have brown or blue fuzzy mold growing on it). You can still drink it, but it may cause more intestinal upset than usual. But remember, better elimination results in better health, so diarrhea is not a bad thing! And you may have some diarrhea the first few days or week when you first start drinking it. This is a good thing as it is cleansing your system, and it will pass. It is just the response of your body to increased troops being dumped on it. It needs those troops, and at first they will be busy throwing out the bad bacteria that have been taking over the territory of your intestines. There will be a war in your members, but once a healthy balance is established, you shouldn’t have any more problems.

You should avoid milk not in the refrigerated section. This milk has been ultra-pasteurized and is usually marked “UHT”, which stands for “ultra high temperature” pasteurization. This milk has been heated to such a high temperature that the proteins in the milk have been completely deformed and are totally unusable by the body. They are not easily eliminated, so they tend to accumulate. Research is now being done showing that UHT dairy products contribute to brain diseases, including Parkinson’s, Alzheimer’s, Lou Gehrig’s and Huntington’s Diseases. UHT foods are not really foods anymore, but toxins!

Fermented Vegetables

Cultured milk isn’t the only way you can get probiotics into your diet. Before our modern times, people used to ferment vegetables and eat them in their dishes. Most cultures today still serve some kind of

fermented food with meals. For example, in El Salvador, they serve pupusas with repollo. In Asia, you'll find things like tofu, soy sauce, and natto. I wonder if the modern use of limes in Mexican cuisine is a substitute for the sour flavor that used to be supplied by a fermented dish or condiment traditionally served with the meal.

What are you supposed to do when your garden produces much more than you can eat in the summer? Preserve the extra so that you can use them in the winter when you don't have them! Even ants know this principle because they gather food in the harvest and store it for use in the winter (**Proverbs 6:6-8**).

One of the most popular kinds of fermented foods is fermented cabbage – called “sauerkraut” in Germany and “kimchi” in Korea. These foods have made their way into other countries where people still consume them. I have included a recipe for making your own fermented cabbage at the end of this book. Note that if you see sauerkraut in the store in a sealed jar, it has been pasteurized to kill all the bacteria so that they don't make the jar explode! Pasteurized sauerkraut won't supply the probiotics you're looking for because they are no longer alive. At right is a picture of unpasteurized sauerkraut in a grocery store in Poland.



You can ferment almost anything. If it has sugars in it, as most plants do, then you can ferment it! That doesn't mean it will taste great, though. Some vegetables ferment better than others, taste better than others, etc. I have experimented with some other vegetables, including bok choy, green beans, beets, and squash. And maybe others that I've forgotten about. My personal favorite is fermented yellow squash, included at the end of the book for you as well. There are many, many recipes on the internet for fermented things, but I recommend you check out culturesforhealth.com if you're interested in making other fermented dishes. There are some free books and lots of free recipes for cultured and fermented foods there. All the ones I've tried from this site have turned out well.

Just remember, with each sip of cultured milk or each bowl of fermented vegetables (or spoonful of the brine), you are taking billions of soldiers into your gut, which will fight with any bad bacteria living there. There will be a war in your members! You may have some gas or diarrhea, but the result will be a healthier you. Remember, “*no chastening for the present seems joyous*” (**Hebrews 12:11**), but if you proceed slowly, you should avoid most symptoms while improving your health.

Grains

Grains, especially wheat, have lately been taking a lot of blame for people's health problems. People have blamed one of the thousands of proteins in wheat – gluten – for their digestive issues. But gluten is not the problem. The other proteins in grains are not even the problem. The problem is how the grains are prepared.

In our fast-paced world, we just go to the store, buy rice or wheat or whatever grain we need, and go home and dump it into a pot of water, and in an hour or so it's ready to eat. But is this what was

intended? Can gluten or wheat in general be bad if bread is the staff of life and “*good for a man’s heart*” (**Psalm 104:15**)?

Grains are seeds. They are the part of the plant that is supposed to be spread, buried, and sprouted for the next year’s crop. Birds and animals like to eat seeds, so God had to have a mechanism in place so that there would be a crop next year. When a bird eats a blackberry, the seed is SUPPOSED to survive the digestion process! That way, when a bird eats some wheat grains, the ones that aren’t digested get pushed through and deposited on the ground with a pile of fertilizer.

So to make those seeds not get digested, God made all grains have a substance called “phytates” that couldn’t be broken down by the body. Now, cows, goats, and other “ruminant” animals can digest some seeds and grains because of the bacteria they have in their stomachs. But man doesn’t have that kind of bacteria in his stomach, or multiple stomachs to do the digesting.

So when man eats grains, they are largely unabsorbed and unused by the body. Haven’t you ever seen whole pieces of rice, corn, or other seeds in the toilet? Obviously, we can grind them up so that doesn’t happen – as we do with wheat flour, for example. But that doesn’t get rid of the armor God gave the seed, it only grinds it up into smaller pieces!

But with the phytate locks, God also created phytase keys. **Phytase** is the enzyme that is able to break down and “unlock” the **phytate**. And this enzyme is present in grains, but requires water and time to be activated. To make bread, wheat berries are ground and sifted to make a finer flour. If you remember, the priests were always given fine flour; the word “fine” comes from the Hebrew word meaning “to strip”. The phytates would be stripped from this flour (by sifting), leaving a much smaller amount of them to break down before preparing bread. If you add some water to this flour and let it sit out on the counter with a cloth over it to keep the bugs out, it will collect yeasts and bacteria in the air and begin to rise as the phytates are broken down.

Only relatively recently have we been able to make breads quickly with the help of baking soda, baking powder, and packaged yeast. So when God said that bread was the staff of life, He could not have meant quick breads made with these products because they didn’t exist until 100 years ago. The only way bread could be made required many hours of rising, kneading, and rising, and that process gave the phytase time to do its work. So ask yourself how God intended for us to eat grains.

People who have problems with store-bought bread can often eat traditionally prepared bread with fewer (or no!) problems. Leaving dough unfermented means that the phytates are keeping all the nutrition of the seeds bound so that you can’t use it. You even *lose* minerals when you eat unfermented, whole grain bread because the phytates bind to minerals in your body and carry them out with them!

White bread has already had the phytates removed because they are mostly in the outer shell of the seed, called the bran. But white bread has other problems. For one, it is completely stripped of its nutrients during processing, so all the nutrients that were simply bound by the phytates are now completely missing. That’s why white bread has added nutrients. But this, too, is a problem because the nutrients added back to the bread are not in their natural form. They are synthetically made, and synthetic vitamins are not well-absorbed or utilized by the body. God designed the body to prefer and work best with the natural forms of the nutrients. God did not intend for man to eat a chemical concoction of bleached, deficient bread; He intended for man to eat long-fermented, whole grain bread. This bread is able to give life to those who eat it, so it really is the staff of life!

Only in our modern world do we even have the option for pale white, deficient bread. The only option to people from the creation until around about 100-200 years ago was whole grain bread. The only way they could make it whiter was to sift it with finer and finer screens, or silk. But all bread was leavened the same way – by fermentation.

In Jesus' day, the Romans had 7 grades of flour. The finer the flour, the more expensive it was because sifting it 7 times was a work-intense process. Ordinary people could only afford the lowest grades of flour, which would have had the most nutrients still in them, unlocked by the bread-making process. The "fine flour" of the Levitical priesthood, while sifted 7 times, still contained more bran than our modern white breads.

So we can conclude that the bread of the Bible, the bread Jesus compared Himself to, and the bread we should be eating today are all the same: long-fermented, sifted, whole grain bread.

Other types of grains and seeds still have an outer bran shell that contains phytates. The simplest way to remove the phytates is to soak them in water. Soaking brown rice in water removes about 70% of the phytates if soaked for 12-24 hours. It's even better if you can add a small spoonful of cultured milk to the water. The added bacteria will help the phytates break down faster. Saving the water from one batch to the next increases the amount of phytates that will be removed next time, so that after 3 or 4 batches, you are removing close to 99% of the phytates.

Just put the rice in a jar and cover with plenty of water. The rice will swell as it absorbs the water. Put a lid on the jar, but leave it a little loose. Let the jar sit on the counter for 24 hours. Then put the jar in the refrigerator until you're ready to use it. Before using it, strain off the soaking water and save it for the next batch of rice. Then cook your rice with the usual amount of water (or broth!) that you would normally use. If you're eating white rice, switch to brown rice, and soak it before using it. It's much healthier and will be better for you because it hasn't had all its nutrients taken away.

One of the most popular breakfast foods in many places is oatmeal. Oatmeal has more phytates than most other grains, so it is very important to neutralize them. If you are going to eat oatmeal, be sure to soak it overnight (or longer) with a little of your rice water or cultured milk. Also, you could use a little rye flour as rye contains the most phytase of all the grains. Any of these will bind to the phytates and unlock the nutrients in the oatmeal so that you can digest them!

Beans and nuts should also be soaked like rice. The grains, beans, and nuts would be an ideal source of nutrition if you let them sprout before eating or using them. When a seed sprouts, it has a massive amount of nutrition compared to its dried state because the seed has been resurrected with newness of life (**Romans 6:4**).

There is much more to know about healthy food than I can tell you about here. So you'll just have to start with the things I've included in this book, do your own experiments, and spend time with us to learn more!

Herbs

This book would be incomplete without mentioning herbs. God made a great many plants, and many of them have healing properties (**Ezekiel 47:12**). You could spend several lifetimes learning about all of them! However, there are just two herbs that you should master. They are the master-healers chili peppers and garlic.

There are many, many hot peppers in the world, so just use the hottest one you can find. Its job is to blast open blockages – it is literally herbal dynamite! So if you bite it, and it doesn't make your head warm, it's not hot enough for healing purposes.

Chili peppers have been used for almost everything because every illness or disease is helped by more blood flow to the sick area. Any problem that involves reduced circulation will be helped by chili peppers. Here are just a few things they have been used for: heart attacks, strokes and blood clots, congestive heart failure, fainting, loss of consciousness, varicose veins, hardening of the arteries, arthritis, bleeding, bronchitis, burns, digestive problems due to stagnation of the stomach or reduced digestive juices, high blood pressure, infections, kidney problems, promoting more secretions from the stomach, pancreas, liver, and gallbladder, protecting your DNA and cells from attack by toxic molecules, shock, tumors, ulcers, wounds.

A more modern-day healer who takes a no-nonsense approach to getting in there and getting a person well is Dr. Richard Schulze. He built on the work of American herbalist and early chili pepper proponent Dr. John Christopher by increasing the amount of chili pepper to several hundred times the level Dr. Christopher used! Both of them used chili pepper clinically with a lot of success, and I want to share some testimonials from their practices.

Dr. Schulze says, “I had a man with a 12-inch slice in his leg about 2 inches deep. He would have needed a tourniquet and nearly fifty stitches. But, a few handfuls of chili pepper, and some tape, did the job.”

Both doctors have used chili pepper to successfully stop heart attacks as they were happening. Dr. Christopher tells the following story: “In 35 years of practice, and working with the people and teaching, I have never on house calls lost one heart attack patient and the reason is, whenever I go in – if they are still breathing – I pour down them a cup of chili pepper tea (a teaspoon of chili pepper in a cup of hot water), and within minutes they are up and around. This is one of the fastest acting aids we could ever give for the heart, because it feeds that heart immediately. The warm tea is faster working than tablets, capsules, cold tea, because the warm tea opens up the cell structure – makes it expand and accept the chili pepper that much faster, and it goes directly to the heart, through the artery system, and feeds it powerful food.”

Dr. Schulze even revived an already dead man using chili pepper tincture!

I was once waiting for a patient, a man in his 50's who had a previous heart attack, and who was just beginning my programs. He was late, so I asked my secretary to see if he had arrived. His car was parked in the driveway, and it looked as if he was sleeping in it. When she went out to wake him up and bring him in, she became hysterical. She came running in and told me he was dead.

I ran out to the car and he was beyond blue, he was slate-grey cold, and did look dead. I saw no breathing and felt no pulse. I put 12 whole dropperfuls of chili pepper tincture into the mouth of this literally dead man. His face began to turn red – before I even started CPR, and we revived him in seconds.

The paramedics took him to the hospital, and later I talked with the emergency room physician. He said that he had rarely seen a person who was so far gone survive.

Here's my point on this whole case: I gave this man 360 drops (30-40 drops per dropperful) of chili pepper tincture. This is a dose no one would dream of. Everyone else wimps around with a couple of dropperfuls – and to tell you the truth, they wouldn't even know to use it at all, in this situation.

This is POWERFUL stuff! And it works for non-emergency situations, too, but as Dr. Schulze says, you have to not be afraid to use A LOT of it. If you want dramatic results, you have to use a dramatic amount!

Dr. Schulze had a patient dissolve a brain tumor with massive doses of chili pepper. "This man was in his 50's, and he was diagnosed with a rapidly advancing, malignant, brain tumor. With this tumor, they said that even with surgery, radiation, and chemotherapy, he would only have a 5% chance of survival. When he came to me, it was evident that he had no idea what natural healing really was, and he was not going to make any major changes in his lifestyle. He was a big fan of Dr. Christopher, and asked if chili pepper would help him. He said he liked it, and I said, if that's all you are going to do, then you must take it in large doses, and he agreed. After one and a half months of taking massive doses of chili pepper powder, and not much else, the tumor was totally dissolved. He used *ten teaspoons a day* for the first month. I have actually had patients use up to sixteen teaspoons a day."

Dr. Christopher was certainly not the first person to discover the healing power in chili pepper. He shared the following story with his students:

In 1870, there was a lumberjack named James McCann, a young man who started to go back to the states by way of California. He reached Parowan with both feet frozen above his ankles. He was left with me (Dr. Meeks) to have both feet amputated as it was thought there was no possible chance to save his life without amputation. In 1870, the doctors wanted to amputate both of this man's feet. They were frozen above his ankles. All he was given was chili pepper. It saved both feet!

I was at my wits end to know what to do. I saw no choice other than amputation. Then an impulse seemed to strike my mind as though by inspiration that I would give him chili pepper inwardly and see what effect that would have on the frozen feet.

I commenced by giving him rather small doses, at first. It increased the warmth and power of action of his blood to such a degree that it gave him such pain and misery in his legs that he could not eat it. He laid down on his back and elevated his feet up against the wall for three or four days and then he could sit up in a chair.

The frozen flesh would rot and drop down from his foot, then it would be on his knee, clear down to the floor, just like buckwheat batter, and the new flesh would form as fast as the dead

flesh would get out of the way. In fact, the new flesh would seem to crowd the dead flesh out to make room for the new flesh.

That was all the medical treatment he had, and to my astonishment, and that of everyone else who knew of the circumstances, the 16th day after I gave him the first dose of pepper, he walked nine miles from Parowan to Red Creek and back. Both his feet were saved! He lost but 5 toenails.

The healing power of nature is in the blood. To accelerate the blood is to accelerate the healing power of nature.

Dr. Schulze reminds us, “With all diseases, there is blockage of blood flow to the sick area. No blood, no healing. Chili pepper is like a fast moving train that rolls through such blockages. All of the best herbal preparations in the world can’t help you if they cannot reach the sick parts. Chili pepper moves blood to the sick and dying organs and with it nutrients and healing bio-chemicals. At the same time it gets the waste materials carried away. Bite on a chili pepper and your head turns red instantly. That’s a rush of blood that no pharmaceutical drug can create.”

Chili peppers are a wonderful food for the heart, too. Some doctors in the East put some live heart tissue in a sterile beaker filled with distilled water. They fed it nothing but chili pepper, and it lived for more than 17 years! Not only did it just survive, it had to be trimmed every few days because it was growing so rapidly! It would have lived longer, but the researchers destroyed it. Chili pepper is great for the heart, and therefore great for the whole body because the “*life is in the blood*” (**Leviticus 17:11**).

In almost every place, you can buy some powdered pepper in the market, but you can also make your own chili pepper powder. Just get some fresh, hot peppers at the market, cut them into quarters and hang the pieces on a string in your kitchen until they are dry. Then grind them up to make a powder. A blender works great, but be careful not to breathe too much of the dust!

You can also make your own chili pepper tincture. Finely chop your fresh, hot peppers and place them in a jar. Cover them with a solution of 50% water and 50% alcohol. The alcohol you use should be the highest percentage of alcohol you can get – a cheap bottle of vodka, rum, whiskey, tequila, or whatever is handy will work. Seal the jar, and let it sit in a cool, dark place for a minimum of 2 weeks. Longer is better. Then strain off the solids, and bottle the liquid part. Be careful – you might want to wear goggles or even a mask because the oils and fumes can irritate your eyes and nose. It won’t hurt you in the long-term, if anything it might help you... but in the short-term you might regret it!

Then you can make a chili pepper tea by using 1/4 teaspoon (or more) of powder in a cup of water, or ten or more drops of tincture in a cup of water. If you find yourself in a situation similar to those I’ve shared above, use the dosages they used, or more. Chili peppers are life-saving herbs, and you should never be without them!

The second herb you should master is garlic. Garlic is a well-known anti-bacterial, anti-viral, anti-fungal food, and recent studies have discovered that it is the sulfur compounds in garlic that kills germs and blocks toxins produced by them. Garlic has almost 80 different sulfur compounds!

Today, sulfa drugs are used in antibiotic preparations, but these only contain a fraction of the compounds that garlic has. In World War I, the British used sulfa drugs because they knew that sulfur is an anti-infection mineral. If someone got shot or burned, they just poured their sulfa packet into the wound. But they ran out of sulfa packets in the first 6 months of the war, so they thought, “Which plant contains the most sulfur?” They started mashing up garlic and putting it on moss and applying that to the wounds, and they had a 50% decrease in the amount of battle wound infections by using garlic. You might think it was not as effective as their sulfa packets, but they found that it worked better than any sulfur they could ever use – so much better that they asked the English people to grow garlic in their backyards. It became the official treatment for battle wounds for the English in World War I. In a more modern study, garlic was found to be *more potent* than penicillin and several other antibiotic drugs.

But, of course, gun shot wounds, cuts, and burns aren’t the only things garlic is good for. It has also been used successfully against: some biological warfare agents such as anthrax; polio; food-borne pathogens such as E. coli; Staph infections; AIDS. It has also been used to improve other problems like chronic diarrhea, candida overgrowth, genital herpes, chronic sinus infection, diabetes, high blood pressure, allergies, toothaches, cancer, impotence, colds, heart disease, MRSA, and high cholesterol.

More studies have shown that some bacteria have a protective bio-layer which makes them more resistant to conventional antibiotic treatment. However, garlic is able to easily dissolve that layer and destroy the bacteria, and do it in a fraction of the time required by pharmaceutical drugs. It works by combining with the sulfur-containing enzymes of the bacteria, which change the enzyme’s function and shut down the cell’s metabolism.

The sulfur in garlic literally melts the outer membrane off of bacteria. Farmers and others have long known that sprinkling sulfur around the house, barn, etc. keeps snakes away for the same reason – the sulfur burns their eyes and skin.

But garlic is only death to bad cells; it feeds and nourishes good cells. It is a good source of minerals like selenium, calcium, and phosphorus. It is also a very good source of vitamin C, vitamin B6, and manganese. It also contains different kinds of natural sugars, including fructose, glucose, and inulin. This is in addition to the sulfur which our own cells need for various functions.

If you want to use garlic to fight an infection and get well, you need to use the most pungent-smelling garlic you can find. A good bulb of garlic should be the size of a small lemon and have 15 or so large cloves. By large cloves, I mean cloves that are the size of the end of your thumb (about 2-3 cm long by 1 cm wide). Take a minimum of 3 large cloves per day; this is just a starting point. If you are serious about getting better, or if you feel an infection coming on, you should take 8-12 cloves per day. It works better if you smash and chop the cloves and let them sit on the counter for about 10 minutes so that the sulfur-containing oils in the garlic can become activated.

I advise you not to take it on an empty stomach as garlic can upset it, and sit quietly for a half-hour or so after taking it. You are dumping a lot of infection-fighting compounds into your body, and your stomach especially will want some time to process that. Also, taking garlic (or onions, which are also very high in sulfur compounds) can cause other unpleasant side effects (such as gas) or healing reactions (such as skin rashes). This is normal, but can be unpleasant; if you can work through the “crisis”, you’ll be healthier on the other side of it.

Yes, your breath will smell, but would you rather be a bit smelly to others or would you rather be sick? Would you rather breathe garlic fumes or contagious bacteria?

If I were to include one more thing here, it would be charcoal. I'm not talking about charcoal briquettes that you buy in the store – those are loaded with toxic chemicals! However, you can make your own charcoal by burning pure wood that hasn't been treated with any chemicals and grinding the cold coals to a fine powder. In pharmacies, you can often buy "activated charcoal", which is charcoal that has been processed so that all impurities are removed, and the surface area of the remaining part is increased. This process makes it 2-3 times more effective than what you can make yourself.

It is used for many different things: food poisoning; insect bites; removing toxic chemicals from the body; water purification (it removes fluoride and iodine, for example); relieving intestinal discomforts (gas, bloating, diarrhea, spastic colon, indigestion, peptic ulcers); eliminating bad odors (it was used in gas masks in World War I); and more. It is even used in hospitals and ambulances.

When mixed with water and swallowed to counteract poisoning, activated charcoal powder holds the poison or drug to its surface, inactivating it. It then carries it inert through the entire length of the digestive tract and out of the body.

Its effectiveness at inactivating and removing poisons has been proven scientifically, too. In one experiment, 100 times the lethal dose of cobra venom was mixed with charcoal and injected into a laboratory animal. The animal was not harmed. In other experiments, arsenic and strychnine were thoroughly mixed with charcoal and then swallowed by humans under laboratory conditions. The subjects survived, even though the poison dosages were 5 to 10 times the lethal dose.

Activated charcoal helps promote a healthy digestive tract by removing toxins that cause allergic reactions and poor immune system function; helps prevent cellular damage to kidneys and liver, as well as supporting healthy adrenal glands; helps remove the toxic burden placed on our bodies by environmental factors, including pesticides on food, chemicals in the water we drink, and exposure to mold. By removing the toxins from your system, you can reduce joint pain, increase energy, think more clearly, improve kidney and liver function, and have a healthier digestive tract.

To that end, some doctors have advocated taking activated charcoal regularly for detoxification. One doctor says, "Detoxification is an on-going biological process that prevents toxins (from infectious agents, food, air, water, and substances that contact the skin) from destroying health. Chronic exposure to toxins produces cellular damage, diverse diseases, allergic like reactions, compromised immunity and premature aging" (Richard C. Kaufman, BS, MS, PhD, Bio-nutritional Chemistry from the University of Brussels). He has found two programs that have worked well for himself and others using activated charcoal, and recommends either one:

- (1) Use activated charcoal on two consecutive days each week. Take a total of 20 to 35 grams (1 to 2 large spoonfuls) each day divided into two or three doses. Take in the morning, at midday and before bed on an empty stomach. Avoid excessive calories or processed foods on those days.
- (2) Take about 20 grams (1 large spoonful) a day of activated charcoal in divided doses for several months. Follow with a one-month break and resume the cycle.

Hydrotherapy

There is one last thing I need to talk about, and that is the importance of hydrotherapy, or the bathing in hot and cold waters.

“Hydrotherapy” literally means “water treatment”, and it has been used since the beginning of time. While natural hot or warm waters were occasionally used, in general it was almost exclusively cold water that was used.

Pythagoras (530 BC) and Hippocrates (454 BC), both important figures in the history of medicine, strongly recommended the use of cold water. Hippocrates even wrote about different kinds of waters and the illnesses they treated. By having the patient bathe in cold water and vigorously rub himself while in it, these two ancient doctors were able to cure spasms, diseases of the joints, rheumatism, tumors, cancer, gout, fever, diseases of the lungs, headaches, etc.

It has been said that the muscular strength and prowess of the Romans was attributable to the use of the cold water bath. However, they noticed that their abilities decreased when warm water was used. But it was the Roman doctor Galen (131-200 AD) who gave us the first records of using hot and cold waters together to achieve success. He ordered patients to bathe in warm spring waters and then immerse themselves into cold water.

Other physicians throughout the centuries used hot and/or cold water treatments to cure: skin diseases, bladder diseases, hemorrhage and bleeding issues, inflammation of the brain, headache, gout, jaundice, fevers, eye diseases, colic or spastic colon, weakness of the stomach, measles, small pox, etc. Even mental disorders such as delirium are cured by a cold water plunge. “As nature is making constant efforts to free the body from disease, and as the Water Cure strengthens and invigorates all the powers of nature, and assists in its great processes of dissolving and expelling morbid matter, it is applicable to every kind of disease, and will cure all that are curable.” (Mary Nichols)

Hydrotherapy is applied to the skin, so how can it benefit organs and tissues so deep inside the body? The skin is connected to every organ of the body by nerves and blood vessels, so when the skin is forced to “pump” by being in alternating hot and cold water, it in turn forces the nerves and blood vessels connected to it to pump. This is transmitted all the way back to the internal organs, which are revitalized by the pumping action. Remember, the life is in the blood (**Leviticus 17:11**), so where there is no circulation of blood, there is no life. “The Water Cure equalizes circulation, cleanses the system, invigorates the great organs of life, and, by exciting the functions of nutrition and excretion, builds up the body anew, and re-creates it in purity and health.” (Mary Nichols)

Cold water is stimulating to the nerves, which in turn stimulate the organs. The lungs are particularly stimulated by cold water. Doctors often splash a little cool water on newborn babies to make them take their first breath. And taking cold showers or baths makes your lungs take in more oxygen and eliminate more carbon dioxide. Both of these are beneficial to all the cells of the body – new spirit is breathed into them, and their wastes are more efficiently removed.

Of course, hydrotherapy does benefit the skin as well. “Warm washings weaken, whilst cold strengthen the skin.” (Thomas Smethurst) A strong skin is able to moderate perspiration and changes in temperature as well as resist infection. It has been said, “Cold ablutions are the best protective against

contagious diseases.... Dr. Rohmid, of Prussia, found that several daily ablutions of the whole body with cold water, effectually guarded against infection from scarlet fever." (Thomas Smethurst)

Paul Bragg wrote, "I have proven over and over that you can't catch anything. Bernarr Macfadden organized a group of people known as the Polar Bears, and every Saturday, Sunday, and holiday in the frigid winter weather, we would go to the beach at Coney Island, New York, and frolic and exercise on the beach. Then we would all plunge into the icy water of the Atlantic Ocean. Did I ever see one of the winter bathers even have the sniffles? Never! People would come to Coney Island bundled up in heavy overcoats, mufflers, sweaters, and flannel underwear and stand on the boardwalk, staring at us swimming and splashing around in the icy water. They were the people who had the sniffles, not the Polar Bears."

I want to include one rather long quote from Dr. Richard Schulze on hydrotherapy (I've italicized some important highlights for you).

Dr. Schulze: I went to Hot Springs, [Arkansas] and I was a bit fearful, because there were all elderly people on the porch and they were all hunched over and kind of drooling on the ground. I said, "Oh God, this is a sanitarium". But a sign said: "The Original Bath Treatment", so I went in.

The first thing they did to me was put me in a hot tub – a gigantic hot tub filled with this hot thermal water. And while I was in it, they made me drink about 8 cups of this same hot thermal water. So I was cooking from the inside and out.

Fifteen minutes later, they stood me up and put me in a steam of this hot thermal water and steamed me. Then they stood me up in a room with about 20 shower jets, turned the valve, and ice water hit me from every direction.

I thought I was going to jump out of my skin. I thought it was gonna kill me. I thought I was going to have a heart attack, but nothing happened.

They took me out of the ice water, put me back in the hot tub, then into cold plunges, then they put me in a room that had radiators all over the wall, soaked me in the hot water, and then put ice packs on different areas of my body to increase my circulation.

After 30 minutes of these therapies they put me in the wheelchair and wheeled me out onto the porch where I sat there hunched over, moaning, and I drooled on the floor.

And I could see my car parked across the street. For two hours I couldn't get out of that chair and get to my car. That's when I realized the power of hydrotherapy – of hot and cold water. This is what the old people knew. They knew they could get a change in your body that you couldn't get with anything else – using just hot and cold water.

[When it was all over] I felt like someone had taken all the muscles out of my body and put new muscles and joints in my body. I felt like I was born again. I felt like I was 15 years old. It was unbelievable.

When you keep this up repeatedly, it heals organs, and it will heal tissues.

The best way to increase blood flow throughout your body is that hot and cold water. In fact, they have shown tests where doing this detoxifies your blood. Just having that blood flushed! Because it's going through your liver more, it's going through your kidneys more, and then you are drinking that water, and it's going through you....

In England, the whole town of Malvern was built on hydrotherapy. They had a bucket that would be 30 feet in the air and the pressure of that water would come tumbling down and hit you right on the top of the head. They didn't have pressure hoses in those days, so they had to do that.

But they were famous for curing incurables. For example, they healed people with mental disorders; these patients couldn't even think straight. They also cured people with brain tumors – just by increasing blood flow with these water treatments.

I know they also cured cancer because I've used these treatments to cure cancer in my own patients.

I'll tell you, in these clinics in Arkansas, they let me take a tour of the building that they didn't use anymore. Unbelievable. Granite and marble stands with valves which looked like fire hoses with nozzles on them.

Up against the wall were things that you could hold onto. They would even strap you in because the pressure of the water was so strong. It would dent your skin. I let them turn it on for me and it was unbelievable and it dented my skin an inch and a half [3.8 cm]. You're talking about a massage with hot and cold.

If you ask me what was the most powerful thing that helped my patients recover from their cancers, it was the hot and cold therapy. You can't get blood to move in and out of different areas of the body with any therapy that even comes close to hydrotherapy's power.

The best and cheapest thing any human can do to cure their disease is use water therapy.

You need to do two basic things: (1) apply hot and cold water, as hot as possible and as cold as you can get it, to a diseased area. (2) Take hot and cold showers, or a hot shower, then jump into a bathtub of ice-cold water, or water with 20-40 pounds of ice in it.

The purpose of these two techniques is not torture. *It is to BLAST blood into sick areas that are not getting enough blood. Until you do that, expect to stay sick.*

I had one man who tried Dr. Schulze's programs for skin cancer, and they did not work. But he omitted one thing: the hot and cold showers. As soon as he did them, his skin cancer went away.

Due to timidity, readers underuse this treatment. They don't do it **often** enough, and they don't do it **strong** enough. They don't like to shiver, or they find it uncomfortable. Forget that. To me, continued sickness is **more** uncomfortable.

One of the things that helped me out a lot is reading these old documents and realizing that even if I went to the extreme, I wouldn't be reaching what was done 100 years ago.

By comparison, what I'm telling your readers is mild and easy to do. Again, it is more powerful than herbs – because it is the therapy that gets the herbs through the blood to the sick area.

I can attest from personal experience that cold water showers and baths are stimulating. And they are more stimulating the colder the water is – the greater the temperature difference between your skin and the water, the more quickly and more intensely your body responds. Don't start with something cool to the skin – go all the way! You will feel invigorated! You will feel alive! And if you continue with them regularly, you will aid your body in healing itself of disease!

Conclusion

The modern world believes that disease is a condition that comes from catching a germ, usually a bacteria or virus, that the body can't overcome. It thus grows inside the body in whatever organ it happened to attach to and becomes larger, and the symptoms of the disease become more severe.

But is it really the fault of the germ if you are not healthy enough to overcome it? If you are following the laws of health, can this sinner germ stand in the congregation of the righteous tissues of your body? (**Psalms 1:5**). However, if you are not following the laws of health, the sinner germ will find friends among your unrighteous cells and will take root there and start to grow. Can a bacteria or virus really be blamed when you have listened to lies about what to eat and how to live, and thus, all your cells have become "wicked"? (**Proverbs 29:12**).

If you want to plant a garden, you first have to prepare the soil with nutrients so that the plants will be able to grow there. If there are no nutrients in the dirt for cultivation, very few things can grow there because the land is like a sandy beach or a desert. If you want to grow grapes, the soil has to be acidic, and if it's not, grapes just won't grow! All crops need nitrogen to grow, but if it's not there, all the plants will look small and withered and won't produce fruit.

Similarly, if you want to grow a healthy body, you have to prepare your soil for producing that kind of fruit. And if you don't care for the land, you can be sure that you are creating a place where disease can be cultivated. Disease is not something that you catch or something that "just happens". Sicknesses and diseases are *caused and built by you* because you didn't live by the rules; you followed unhealthy habits, and now your body's cells mourn (**Proverbs 29:2**).

Proverbs 26:2 *As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.*

God says the curse *always* has a cause! You will not be afflicted for no reason. If you are afflicted, it is because you didn't properly tend and keep the land (**Genesis 2:15**); you didn't properly care for God's temple (**1 Corinthians 3:16-17**).

But the things I've shared with you in this book are simple to do to keep the laws of health. They don't require special devices or materials. God's way is always simple. And their very simplicity is their biggest obstacle. Human nature is to want something not just instantly gratifying but also very impressive. But let us remember the story of leprous Naaman (**2 Kings 5:1-19**). Naaman was the captain of the Syrian army and a mighty man, but he was a leper. Upon hearing that the prophet Elisha could heal him of his leprosy, he came with his horses and chariots and stood at the door of Elisha's

house. And, interestingly, Elisha recommended hydrotherapy, for the Jordan might well have been cold in that season.

2 Kings 5:10-11 *And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean. But Naaman was wroth, and went away, and said, Behold, I thought, He will surely come out to me, and stand, and call on the name of the Lord his God, and strike his hand over the place, and recover the leper.*

We want some showy ritual and fire to come down from heaven to know that we have the right answer. Naaman wanted something like what the prophets of Baal would do, prophesying and cutting themselves (**1 Kings 18:26, 28**). But the answers are almost always simple, often coming after the whirlwind, earthquake, and fire in a quiet voice (**1 Kings 19:11-12**).

2 Kings 5:13 *And his servants came near, and spake unto him, and said, My father, if the prophet had bid thee do some great thing, wouldest thou not have done it? how much rather then, when he saith to thee, Wash, and be clean?*

When God says, “fast and be clean”, it is no great thing. Nor is hydrotherapy or any of the other things I’ve shared in this book. None of them are hard or expensive. What God asks of us is completely within our ability to perform. There is no magical solution in a pill or powder that you can take. The answer is “very near to you that you might do it” (**Deuteronomy 30:14**).

Each thing in this book, by itself, can greatly improve your health. And if you do ALL of them at the same time, think of the truly great results you can achieve! In some cases that Dr. Schulze and others had, the patient *didn’t* recover if they *didn’t* do chili pepper *and* garlic *and* hot and cold showers *and* everything else they could think to do or take *all at the same time*. If you do all of those things at the same time, you are attacking the problem from all directions, putting so much pressure on it that it cannot withstand the constant assault. How should you attack sin – little by little or with every tool you have available, all at once?

Ecclesiastes 9:10 *Whatsoever thy hand findeth to do, do it with thy might....*

2 Kings 13:18-19 *And he said, Take the arrows. And he took them. And he said unto the king of Israel, Smite upon the ground. And he smote thrice, and stayed. And the man of God was wroth with him, and said, Thou shouldest have smitten five or six times; then hadst thou smitten Syria till thou hadst consumed it: whereas now thou shalt smite Syria but thrice.*

If you truly want to overcome your health problems, then you need to take the many arrows I’ve given you in this book and repeatedly beat your health problems with them. Keep attacking the problem until it is completely conquered so that it cannot rise above you again.

The choice between life and death, as always, is yours (**Deuteronomy 30:19**). You must decide if you will you trust in God’s cheap, easy solution, which is despised and rejected by the world, but which He has made the head of the corner. You must decide if the reward of health is worth the effort of ruling yourself and denying yourself the pleasure of sin for a season (**Hebrews 11:25**). What will you choose?

3 John 1:2 *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

Appendix 1

This is all good, but there is an aspect of physical health that hasn't been mentioned yet. And that is the effect your spirit has on it. Your thoughts, feelings, and self-confidence play an important role in your physical health. King Solomon knew of its importance when he wrote:

Proverbs 17:22 *A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*

Proverbs 18:14 *The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?*

We are just now beginning to see this scripture fulfilled in our lives. We see a cow without confidence remain thin and sickly. But when he develops confidence in himself he begins to fatten up to a normal weight. His depressed, unassertive spirit literally caused his physical body to be weak. But as his spirit became stronger, so did his body.

We are observing the truth of these verses in our animals, and we know they must apply to humans as well. We'll just have to wait to see examples of their application.

Appendix 2

Fermented Cabbage (also known by its German name “Sauerkraut”)

The most basic way to do it is to use the regular, round cabbage you can find in the grocery store. One normal-sized head yields about 1 liter of fermented cabbage.

You will need:

- a large bowl to hold everything. I use a stainless steel bowl, but you can use whatever you have. Most people recommend a metal bowl because plastic can have small scratches that bacteria can live in, and you don't want to introduce bacteria to your ferments; you want the bacteria that's already in the vegetables to do the fermenting.
- a wooden dowel or non-metal pounding instrument.
- a sharp knife.
- jars to hold the fermenting cabbage. How much you make at first is entirely up to you, but I would start with enough for 2 or 3 1-liter jars.
- round coffee filters (or paper towels, or regular towels), one for each jar. These are to cover the jars during the fermentation process. You want to allow air to escape (otherwise the jar can explode), but you have to keep bugs out of the jar (they will ruin it!). So I use paper coffee filters. Some people just use a regular towel.
- rubber bands, one for each jar. These secure the cover (coffee filters or towels) so that bugs can't get in.

- cabbage.
- salt (about 30 grams per kilo of cabbage). If you can find unrefined sea salt, it will be best. This provides more nutrients than regular table salt, so it's better for your ferments, and better for your health!

Instructions:

1. When selecting cabbage at the store, you want to find ones that have dark green leaves. The darker, the better. There should be no major damage to the cabbage (big gashes, slimy spots, mold, etc.). Weigh the cabbage while at the store if you can, so you know how much salt to add later.
2. Wash all the jars, bowl, and utensils in warm, soapy water before beginning. I should also mention that anytime you deal with fermented things, whether making them or opening them up later on, you should always thoroughly wash your hands. You don't want any strange bacteria getting into your fermented foods.
3. Rinse the cabbage in clean water. Pull back the outer leaves and let the water run down in between them. Drain off as much water as you can.
4. Remove and set aside some of the outer leaves. These should be good-looking leaves. They will act as a cover for your ferment. For making 2 jars, I would remove 3 leaves.
5. Now cut the cabbage in half. And cut each of those halves in half again. Cut out and discard the hard core in the center of the cabbage. Slice the cabbage into approximately 1cm wide pieces. The interior parts of the cabbage should detach by themselves and leave you with strips which you can either leave the full length or cut into shorter pieces. It's up to you. It won't stay that same size; it gets smaller later. Put the strips in the bowl.
6. Now measure and add 30 grams of salt for each kilo of cabbage. Sprinkle it on and then massage it in with your hands to mix it well. Let it sit for several hours (cover to keep bugs out if needed). This will let the salt begin pulling the water out of the cabbage. The water that's in the cabbage will create the brine that is crucial to the fermentation process.
7. After several hours, take your wooden dowel or pounding utensil and pound the cabbage. This is great for getting rid of frustration! :) You want to pound every piece of cabbage to break the cell walls and get the contents of those cells into your brine. You should see, as you pound, more and more liquid in the bottom of your bowl. This is what you want. When done, the cabbage should be approximately 1/3 its original volume. So if it filled your bowl level with the top at the beginning, the bowl should be only 1/3 full now.
8. Now take your clean jars and stuff them with the cabbage and brine. As you stuff it, pack it down tightly. You can use your hand if the opening is big enough, or your dowel if it isn't. Pack the jar until it is about 3/4 the way full. You want some space left in the top of the jar.
9. **IMPORTANT!** This is the most important part about fermenting vegetables! The brine **MUST** cover the cabbage. If it doesn't, the cabbage will not ferment, but will rot and mold instead. If

you don't have enough brine to cover it, you will need to make some by dissolving 15 grams of salt into 400 mL of water.

10. Place the cabbage leaves you removed at the beginning on top of the cabbage in the jars. This will help hold it down under the brine. Try to push the edges of it down around the cabbage so that it holds it down better.
11. If you have a jar that will fit inside the opening of the jar you're using, you can put water in it and use it as a weight to help hold down the cabbage. The first few times I made sauerkraut, I didn't use any weights. BUT, after a few days, you will see the cabbage rise up, and the brine will be in the bottom. So you will need to open it up and push it back down under the brine. These two pictures show you how I sometimes do it. The first one shows you how much brine I have over the cabbage (it's more than is needed, but more is not a bad thing). It also shows you the cover and how it's secured. The second one shows that I'm using a smaller jar with water in it to weight down the cabbage. If you want to weight down the cabbage, but don't have a jar that will fit inside the one you have the cabbage in, you can use a zip-top bag with water in it.



12. Make sure you have some space in the top of the jar. As fermentation takes place, things bubble up, and you don't want it to run over and out! Cover the jars with your coffee filters or towels, and secure them with the rubber bands. Place the jars in a warm spot, but not in direct sunlight. You might want to put a plate or tray under them so that if they do run over, you don't have as big a mess to clean up. Fermentation depends on the temperature. The warmer it is, the faster it ferments. Cabbage left at about 20 degrees C will take 3-6 weeks to fully ferment.
13. You will have to check on your cabbage every day. Make sure it hasn't run over, everything is under the brine, there is enough brine, etc. You can start tasting it after a week or so. If it feels rubbery, then it just needs to ferment longer. Try again in another week or so. When it gets to where you like the taste, put a sealable (air-tight) lid on it and put it in the refrigerator. This will slow the fermentation process and help to preserve the flavor longer.
14. Enjoy eating one large spoonful a day, and increase the amount as your body adjusts to eating it. When you start to eat fermented foods, you might experience some abdominal symptoms, such as gas. It is important to go slowly to avoid too much discomfort. With each spoonful of sauerkraut, you are dumping a massive army (billions of soldiers!) into your gut, which will fight with any bad bacteria living there. But if you proceed slowly, you should avoid most symptoms while improving your health.

There are a lot of things you can do with sauerkraut, in making it and in eating it. If waiting 3-6 weeks is too much, and if you have access to Napa cabbage (picture on the right), you can make kimchi, which will ferment and be ready in 3-5 days. The recipe, in addition to the cabbage and salt, also contains green onions, garlic, ginger, and dried hot pepper flakes, but the procedure is the same as for regular sauerkraut. Napa cabbage is sometimes called Chinese cabbage, and it's usually available in Asian markets.



Appendix 3

Fermented Yellow Squash

You will need:

- a sharp knife
- jars with lids to hold the fermenting squash
- for each 1 liter jar, you will need:
 - 2-3 yellow squash
 - 2 grape leaves (optional. This is to keep them crunchier. You can try other things that have tannic acid in them, such as black tea leaves, to see how they work.)
 - 2 cloves of garlic
- salt brine. Make the brine by dissolving 15 grams of salt in 1 liter of water.

Instructions:

1. Wash and trim the ends off the squash. Cut any way you like – I prefer in quarters.
2. Place the grape leaves and garlic in the jar. I usually put 1 of each in the bottom, and the other ones after filling the jar with squash about halfway. But it doesn't matter too much.
3. Fill the jar with the pieces of squash.
4. If you haven't made the brine, do so now. Then pour it over the squash until it reaches a level above the squash. **IMPORTANT!** The brine **MUST** cover the squash. If it doesn't, it will not ferment, but will rot and mold instead.
5. Place the lid on the jar, but leave it a little loose so that any excess gas can escape.
6. Place the jar on the counter, out of the sun, and let it sit there for several days to a week. Fermentation depends on the temperature. The warmer it is, the faster it ferments. Check the

flavor after about 4 days to see how you like it. If you don't like it, try again the next day. For us, it usually tastes the best after 6 or 7 days.

7. When it gets to where you like the taste, put it in the refrigerator. This will slow the fermentation process and help to preserve the flavor longer.
8. Enjoy some fermented squash every day!

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